

Westminster Senior Center

8200 Westminster Blvd.

Westminster, CA 92683

(714) 895-2878

Email: SeniorCenter@westminster-ca.gov

www.westminster-ca.gov

Hours:

Monday - Thursday

7:00 a.m. - 5:30 p.m.



March/April 2022

On Sunday, March 13th at 2:00 a.m., Daylight Savings Time begins so be sure and “spring forward” your clocks an hour and enjoy the lighter evenings! I do enjoy the days getting longer and watching all the beautiful colors of nature begin its symphony. Sunday, March 20th is the beginning of spring. This is a wonderful time to watch the beautiful trees blooming and start taking walks around your neighborhood or the local park and enjoy the fantastic weather.

We will be hosting an Earth Day Celebration on Thursday, April 21st from 9:30 a.m. – 11:00 a.m. in the front of the senior center. The theme this year is “Invest in Our Planet”. Please come by and say hi and learn ways to help protect our planet and receive a small potted plant.

I look forward to seeing more and more people as the months go by. Please be safe and take the precautions to keep yourself healthy. The exercise classes are going well and the Longevity Stick class in the sunken gardens is an active group. If you have any questions or suggestions, please feel free to call the senior center. We are here for you.

Again, I would like to thank our staff and volunteers for helping to keep our programs going and for being very flexible in the changes that always seem to be taking place. This is still a challenging time, but I have only seen strong, helpful, and caring people working and volunteering here. Thank you so much!!!

Claire Amyx
Senior Center Supervisor





Upcoming Events:

**St. Patrick's Day Luncheon
CANCELLED**



**Spring Time Drive Thru Parade
March 22nd, 23rd & 24th
10:00 a.m. - 11:30 a.m.
Parking lot off Jackson Street**

**"April Showers" Drive Thru Parade
April 12th, 13th & 14th
10:00 a.m. - 11:30 a.m.
Parking lot off Jackson Street**

**Earth Day Celebration "Invest In Our Planet"
April 21st
9:30 a.m. - 11:00 a.m.**



Additional Information:

The Westminster Senior Center is excited to offer social events and activities during our opening process. Updated registration must be on file for participation. Please call



The Westminster Senior Center offers a grab and go food program that includes frozen meals, fruit cups, and milk. The program offers Vietnamese or Americana food. Registration is required and can be done in person, Tuesday - Thursday between 10:00 a.m. - 11:30 a.m. or by phone at (714) 895-2878.

A \$3 voluntary contribution per meal is requested. Participants must be 60 years of age or older or be disabled.



The City of Westminster has partnered with OCTA to provide transportation services to seniors, 60 years and older, residing in Westminster. The goal of the W.O.W. Program is to assist seniors in remaining independent. The program operates Monday through Thursday and reservations are required.



Commodities Program

Second Wednesday of every month.

March 9th & April 13th

Requirements: Must be a resident of Westminster and qualify as low income.



Services

Legal Aid

Professional Paralegals provide legal advice and referrals.

When: 2nd Wednesday of every month.

March 9th & April 13th

Time: 9:00 a.m. - 11:00 a.m.

(By appointment only)

HICAP (Health Insurance Counseling Advocacy Program)

Assists seniors with questions related to their health insurance.

Call the front desk for an appointment at (714) 895-2878.

Health & Wellness

Diabetes Support Group

A way to find help, tips and tools for managing diabetes.

When: 1st Wednesday of every month.

March 2nd

Topic: Medications for Diabetes Bill Liu

Time: 10:00 a.m. - 11:30 a.m.

April 6th

Topic: Meal Planning for Those With Diabetes

Time: 10:00 a.m. - 11:30 a.m.

(By appointment only)



Masks are optional for vaccinated guests. At this time, the California Department of Public Health requires unvaccinated guest to wear a face mask. To inquire about receiving your vaccination, please visit www.covidclinic.org or visit the mobile COVID site across from the Westminster Senior Center.

Recent Events

Year of the Tiger. It was great to see all of you that came by to celebrate Lunar New Year during food distribution.



Thank you all that joined us for our Valentine's Day





*See you at the
next event!*



March Movie Schedule

March 1, 2022 "The Eyes of Tammy Faye" Runtime: 2 hours; 6 mins Rated PG-13 (2021) Drama	March 15, 2022 "American Underdog" Runtime: 1 hour; 52 mins Rated PG (2021) Drama
March 8, 2022 "The War With Grandpa" Runtime: 1 hour; 34 mins Rated PG (2020) Comedy	March 22, 2022 "Belfast" Runtime: 1 hour; 39 mins Rated PG-13 (2021) Drama
	March 29, 2022 "Coming 2 America" Runtime: 1 hour; 48 mins Rated PG-13 (2021)

April Movie Schedule

April 5, 2022 "Cry Macho" Runtime: 1 hour; 44 mins Rated PG-13 (2021) Drama	April 19, 2022 "The 355" Runtime: 2 hours; 2 mins Rated PG-13 (2022) Drama
April 12, 2022 "Superintelligence" Runtime: 1 hour; 46 mins Rated PG (2020) Comedy	April 26, 2022 "Marry Me" Runtime: 1 hour; 52 mins Rated PG-13 (2022) Comedy

March



Happy St. Patrick's Day



From all of us at the
Westminster Senior Center

SPRING

Drive Thru Parade
March 22, 23 & 24,
10:00 a.m. - 11:30 a.m.

Westminster
Senior Center
Parking lot off
Jackson Street



April

*April Showers
Bring May
Flowers*

Drive Thru Parade
April 12, 13, & 14,
10:00 a.m.—11:30 a.m.

Westminster
Senior Center
Parking lot off
Jackson Street

*Earth Day
2022 Celebration
“Invest In Our Planet”
Thursday, April 21
9:30 a.m.—11:00 a.m.*



Activities

Yarn Spinners

Crochet and Knit

Monday 8:00 a.m. - 12:00 noon

Tuesday 1:00 p.m. - 3:00 p.m.

Wednesday 8:00 a.m. - 2:00 p.m.

Thursday 8:00 a.m. - 12:00 noon

Pool Room

Monday - Thursday 8:00 a.m. - 5:00 p.m.

Pinochle

Mondays and Thursdays 9:00 a.m. - 5:00 p.m.

Crafters

Tuesday 9:00 a.m. - 11:00 a.m.

(No class on last Tuesday of every month)

Chess

Tuesday 12:30 p.m. - 5:00 p.m.

Thursday 12:30 p.m. - 5:00 p.m.

Mexican Train Dominos

Wednesdays

12:00 noon - 3:00 p.m.

Movies

Tuesdays

Movie starts at 9:00 a.m.

Game Group

Tuesday 12:30 p.m. - 5:00 p.m.

Ping Pong

Monday - Thursday 8:00 a.m. - 5:00 p.m.

Please call the day before to schedule.

Please call the front desk for reservations and more information.

(714) 895-2878

Senior Fitness

Longevity Stick

Help maintain a healthy body and mind by improving balance, flexibility, strength, mental focus, and breathing.

Mondays and Thursdays

9:00 a.m.—10:00 a.m.

Sunken Gardens (No Cost)



Tai Chi

Fridays 8:30 a.m. - 11:00 a.m.

Fee based. Registration required.

714-895-2860

Line Dancing

Line Dance class uses many types of music, tempos, rhythms and styles of dance and dance combinations. It is also a great benefit for exercise, memory, balance, mobility, cardiovascular fitness, staying healthy and it is fun, friendly, you don't need a partner, age is not a factor and it is very social. All line dance classes are fee based. Please call for more information at (714) 895-2860.

Jimmy's Aerobic Line Dancing 2 & 3 – Thursdays 9:00 a.m. – 10:30 a.m.

Jimmy's Aerobic Line Dancing 3 & 4 – Thursdays 10:30 a.m. – 12:00 noon

Jimmy's Aerobic Line Dancing 4 & 5 – Thursdays 12:45 p.m. – 2:30 p.m.

Line Dance for Fun & Fitness Level 3-4 – Mondays 11:00 a.m. – 12:30 p.m.

Line Dance for Fun & Fitness Level 4-5 – Wednesdays 11:00 a.m. – 12:30 p.m.

Line Dance Level 1 – Tuesdays 2:30 p.m. – 4:00 p.m.

Line Dance Level 2 – Thursdays 3:00 p.m. – 4:30 p.m.

Line Dance Level 2-3 – Mondays 2:30 p.m. – 4:00 p.m.

Beginning/Intro Line Dance – Wednesday 10:30 a.m. – 11:30 a.m.

Suzy's Level 2-3 Line Dance – Tuesdays 11:15 a.m. – 12:15 p.m.

Stretch and Flex

Stretching exercises to help the joints, muscles, and with range of motion. Exercises are done sitting in a chair which takes the stress of the hips, knees and lower back.

Tuesdays 9:30 a.m. – 10:30 a.m.

Mayor & City Council

Tri Ta
Mayor

Carlos Manzo
Vice Mayor - District 2

Tai Do
Council Member

Kimberly Ho
Council Member - District 3

Chi Charlie Nguyen
Council Member

Interim City Manager
Christine Cordon
(714) 548-3237

Acting Community Services
Director
Vanessa Johnson

Senior Center Staff

Claire Amyx
Senior Services Supervisor

Jaime Terrible
Recreation Coordinator

Blanca Luna
Recreation Coordinator

Maribel Avilez
Nutritionist

Bertha Martinez
W.O.W. Transportation
Coordinator

Paul Mungo
W.O.W. Driver

Xenia Ortega
Project S.H.U.E. Director

Important Phone Numbers

Westminster Police Emergency	911
Police-non-emergency	(714)898-3315
Westminster City Hall	(714)898-3311
Orange County Fire Authority	(714)573-6000
Adult Protective Services	(800)451-5155
Westminster Chamber of Commerce	(714)898-9648
Westminster Library	(714)893-5057
HICAP Orange County	(714)560-0424
Social Security	(800)772-1213
Council on Aging	(714)479-0107
Office on Aging	(800)510-2020
Information Help Line	211
Traffic Information	511